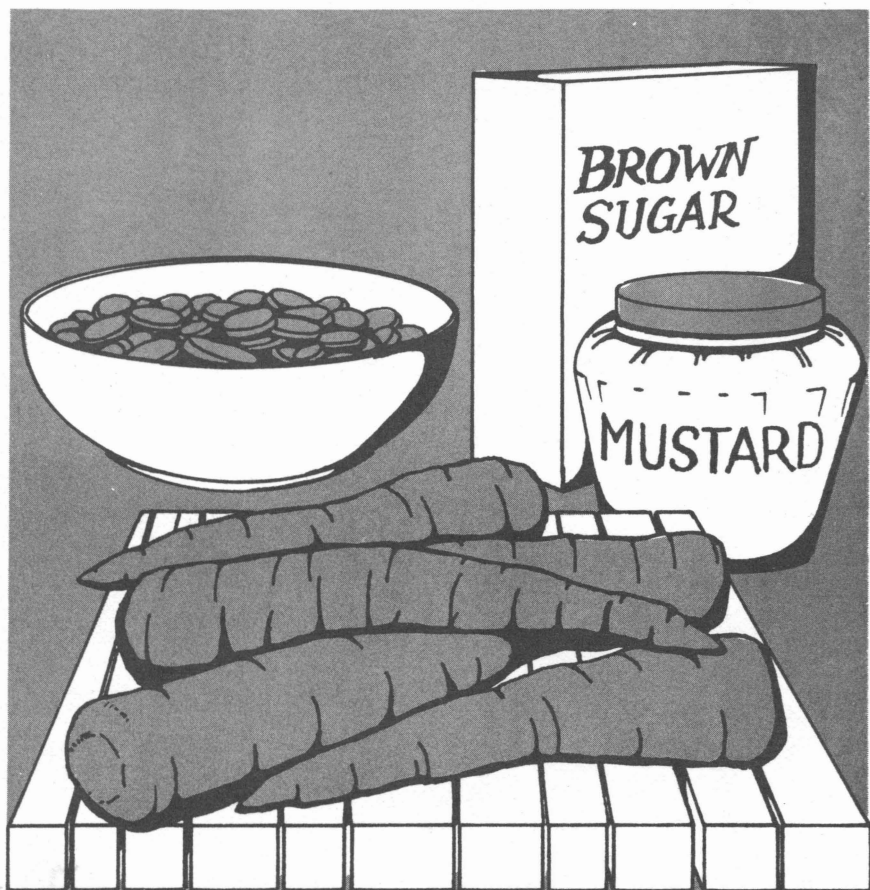


Glazed Carrots

This recipe makes enough for 4 people.



What you use

5 or 6 carrots

1 cup water

$\frac{1}{2}$ teaspoon salt

2 tablespoons margarine or butter

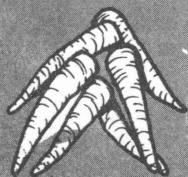
$\frac{1}{4}$ cup brown sugar

2 tablespoons mustard

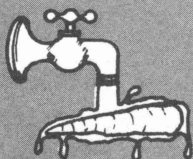
The Texas A&M University System
Texas Agricultural Extension Service
J. E. Hutchison, Director
College Station, Texas

How to make Glazed Carrots

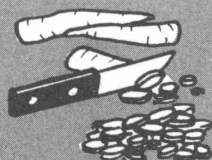
1



5 or 6 carrots



Wash and
peel them.



Cut carrots
in slices.

2



Water



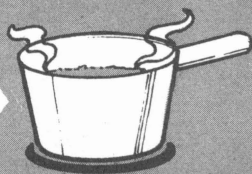
1 cup



Salt



$\frac{1}{2}$ teaspoon

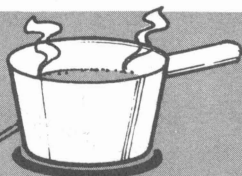


Put water and salt
in a boiler.
Let water boil.

3

Put sliced carrots
in boiling water.

Let water boil again.



4

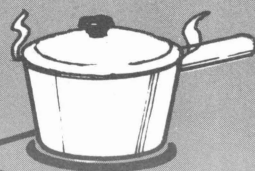
Turn heat low.

Cover boiler with a lid.

Cook on **low** heat.

Cook about 10 to 15 minutes.

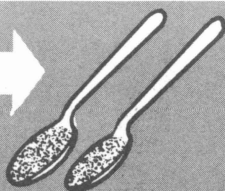
Cook until carrots are tender.



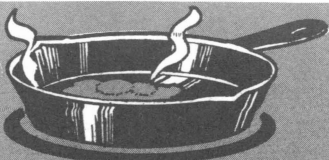
5



Margarine
or butter



2 tablespoons



Put margarine or butter
in a frying pan.
Let it melt.

6



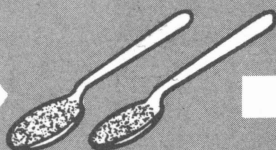
Brown sugar



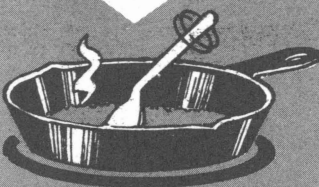
$\frac{1}{4}$ cup



Mustard



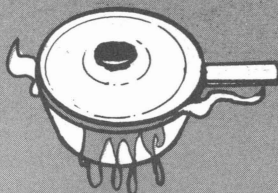
2 tablespoons



Add brown sugar
and mustard. Stir.

7

Drain carrots if there is water.



8

Add cooked carrots to syrup.

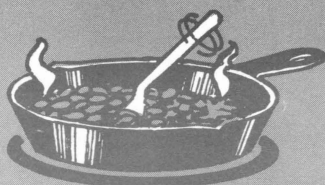


9

Cook until carrots are hot.
Cook about 5 minutes.

Stir now and then.

This will glaze the carrots.





Carrots give you Vitamin A.

They are good for your eyes.
They are good for your skin.
They are good for your teeth.
They help you grow.

$\frac{1}{2}$ cup of carrots will give you
about $\frac{1}{2}$ the Vitamin A you need
for one day.

**A Good Diet has meat, eggs, cheese,
or dry beans or peas every day.
It also has fruits and vegetables.
A good diet has milk and cereals.**

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